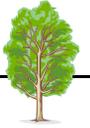

The Forest Friend



The Newsletter of the Kanawha State Forest Foundation



June 2013 Issue

www.ksff.org

Fall Quarter

Forest Hodgepodge

by Frank Barker

Well, spring has come and gone. Time seems to be flying by. It was such a beautiful and colorful time in the Forest, lots of orchids, Lady Slippers, Trilliums, Trout Lilly's, Showy Orchis, the little inconspicuous Green Violets, Columbines and on and on. I can't begin to name all of the beautiful wild plants that our wonderful Kanawha State Forest offered up for us this year.

I want to tell you about so many things that have occurred lately and one of the most important of those is the theft of plants from our park. Earlier this spring Carolyn and I were watching two yellow Lady Slippers that were growing a few steps off of Kanawha Forest Drive near the pool area. We watched them as they first came up through the leaf litter and as time progressed they were about a foot tall but had yet to bloom. One day we stopped to check their progress and to our dismay, someone had stolen both plants. A very similar incident occurred when Carolyn was working at the park. She discovered a Showy Orchis growing along Spotted Salamander Trail and when she went back the next day to take some photographs someone had dug it up. People ask quite often where this or that is growing, and we are becoming reluctant to tell the location of certain plants. You may tell someone in confidence and who knows who that person may tell and the next thing you know a part of our beautiful Forest is missing.

I don't know if you have noticed, but several volunteers have helped expand the Arboretum which is located behind the pool near the Group Camp. Approximately 40 different varieties of trees and shrubs were relocated/transplanted from different parts of the Forest to the Arboretum under the direction of Chris Gatens and Dr. Willis Trammel. This was a very successful project and will be added to again

2013 Events

August 5 – Monday - 6:30 PM

Board Meeting - Everyone is Welcome.
Shelter #9 at Kanawha State Forest

September 14 - Saturday - 8:30 AM

Margaret Denison Fall Nature Walks.
Register at 8:30 at swimming pool area.
Adults \$5; Students under 16, \$2.
Barbecue, drinks and cookies for sale.
Door prizes, raffle. Contact: Forest Office,
304-558-3500

next spring. We want to take this opportunity to thank Chris and Willis for searching out and marking the various plants and organizing this whole operation. They have spent many volunteer hours on this project and their efforts are very much appreciated.

This last March, several of us were walking along the road just past the pool entrance when I noticed two small trees/shrubs growing next to the berm that I had never seen before. They were a dark green in color and covered with the most hideous looking thorns I had ever seen. No one else in our group had ever seen this before either and a couple of days later I had the occasion to show them to Chris Gatens. Chris identified them as a Hardy Orange, aka Trifoliate Orange (*Poncirus trifoliata*). He further related that he had only seen one other of these plants and that was in the yard of one of his college professors when he was at WVU. It is not native to the US and is considered to be somewhat invasive. It is native to northern China and Korea and was brought here in the 1800s. Since our discovery we have found two more growing in other areas of the park. One of them is a very large tree/shrub and was covered with the most beautiful white blooms. It will have a green fruit,

which ripens to yellow and is 3-4 cm in diameter and resembles a small orange. Just when you think you have seen everything the park has to offer, something else pops up.

The Osbra Eye Wildflower Walk was a great success with over 100 registered participants. The Coyote Trail people were there leading a Nature Awareness hike which proved to be very popular among the participants. Some teachers from various area high schools along with their students were also in attendance. As always, some of Dr. Mark Watson's UC students were there also.

I would like to take this opportunity to thank all of the people who volunteer their time just to make these activities possible. If you would like to get involved, come on out and I'm sure you will find something to do. The next event at the park will be the Margaret Denison Wildflower Walk on Saturday, September 14, 2013. Hope to see everyone there.



2012 Financial Report

Submitted by Treasurer Rachel Kerns

Cash and due from banks	\$30,668.10
Inventory (flora books)	\$2,998.86
Total Assets	\$33,666.96
Total Liabilities	\$0.00
Total Liabilities & Assets	\$33,666.96
Detail of Asset Funding	
Unrestricted Assets	\$20,467.50
Board Designated Assets	\$5,744.71
Donor Restricted Assets	\$7,454.75
Total	\$33,666.96

Nature Quiz

Q. This late summer blooming plant is a member of the Rose family. It has an erect, wand-like cluster of small yellow flowers. The stem has three pairs of tiny leaflets between the larger leaflets. The fruit is shaped like a top and

has hooked bristles which will cling to clothing. Full height is usually up to 4-5 feet. (Answer will appear in the next issue)



New Member Reblazes Trails

by Chuck Jones

A couple of months ago, a new friend named Tim Mayo mentioned that he runs cross-country at Kanawha State Forest. He also mentioned that many of the trail blazes have faded a bit. He volunteered to repaint the blazes if he could get permission.

I asked if he were a member of the Kanawha State Forest Foundation, but he'd never heard of it. I suggested that he join and offered to contact Asst. Supt. Kevin Dials and make his blazes offer.

Tim did both and was pleased that Kevin furnished him a map, paint, and stencils. Since then, he and his daughter have already reblazed several trails. They plan to complete all our trails.

The message: tell your friends about the Forest and what they could do to make it a better place for recreation through the Kanawha State Forest Foundation. Oh, and if you see Tim Mayo, thank and encourage him. And welcome him to the Foundation!



Donations

A heartfelt thanks to the following for their generous donations to the Forest:

Randolph Yarborough — Anita Goodwin
 Flossie and Peggy Kourey
 Harriett Beury — Roberta Allison
 Tom & Kelly Pearcy — Richard Ford
 William Chandler — Patty Stiltner
 Linda Frame — Michael Forman
 Sharon Stark — Diane Mitchell
 Chris Nagorka — Carolyn Welcker



Shirley's Corner

The following appeared in the *Charleston Daily Mail* on March 27, 1938:

CCC Workers Launch Kanawha Forest
Improvements
Trails, Picnic Sites Unfold
7 Deer Liberated; Dam planned

New Recreation Area Beckons Charlestonians

Two hundred CCC workers took advantage of sunny days and spring-like temperatures during the past week to start in earnest the work on the new 7,000-acre Kanawha State Forest, located a few short miles from the golden dome of the capitol building.

The 200 CCC workers are all part of a camp which was moved to the Forest from the Coal River section to improve the new playground area which will give local residents some of the finest outdoor recreation to be found within the state.

According to Dan B. Griffin, state forester, who is in charge of establishing the new forest, seven deer—two bucks and five doe—already have been released in the forest area, in addition to the stocking of several hundred rabbits and quail in the area. Eventually, the forest will become a veritable game refuge.

Work Program Drawn

Mr. Griffin pointed out that stocking the deer is the first official effort made in Kanawha county in recent years to restore the vanished deer to this section. A tentative work program for the Forest, subject to final federal approval, estimated to cost \$33,386.29, includes, among other things, the erection of a dam in Davis Creek, which will give swimmers a nine-foot head of water at the edge of the dam. The dam itself will cost \$1,100.

In addition, hikers who stroll through the new forest will have the use of 10 outdoor stone fireplaces, two drinking fountains, supplied by a 5,000-gallon water tank, while there will be 5.8 miles of new truck trails constructed and 10 miles maintained by the state forest service.

Welcome New Members

Jerry and Joyce Gladwell, Charleston
Rick and Angela Ferris, Charleston
Nancy Bricker, Charleston,
Tim and Jennifer Mayo, Charleston
Lynn Harman & Mr. Harman, South Charleston



Happy 150th Birthday, West Virginia!

by Robert M. Leighty

On Sunday
afternoon June
16, under cloudy
skies, beautiful
music filled
Kanawha State
Forest. The
Kanawha Valley



Community Band, under the direction of Robert M. Leighty, presented its annual concert in honor of our state's birthday. Gary Frame, of Belle, was the announcer. With the addition of a public address system, the crowd of over 150 enjoyed a variety of sacred, secular, and patriotic selections.

A patriotic flavor for the afternoon was developed as the band opened the concert with "This is My Country," followed by "God Bless America." Those two selections led into the playing of "The Star Spangled Banner." During the program the audience heard three marches written by John Philip Sousa: "The Liberty Bell," "Corcoran Cadets," directed by Gene Warner, and "The Stars and Stripes Forever." Other notable selections were "Lead On," "O King Eternal," selections from *Les Miserables*, "Third Suite," directed by Ellen Woods Ramey, "Armed Forces Salute," and "Almost Heaven," written by band member Delford Chaffin, Jr.

Again this year the Kanawha State Forest Foundation provided birthday cake, and soft drinks for all to enjoy while those in the audience mingled with the musicians. As several people commented, it was a very enjoyable afternoon.

Thank You!

We very much appreciate the contribution of all who helped make our West Virginia sesquicentennial celebration a success. Over 150 people relaxed in comfortable weather to the uplifting music of the Kanawha Valley Community Band. The Foundation is fortunate to be affiliated with this outstanding group of musicians.

We especially recognize coordinators Frank and Carolyn Barker for their efforts in recruiting volunteers and handling the details of our 14th summer concert in the park.



WV State Parks Foundation Annual Meeting

by Bill Hall

Once again I was privileged to represent the KSFF at the annual meeting of the State Parks Foundation on April 23 at Stonewall Jackson Resort. This organization was formed to solicit, receive and accept monetary contributions as well as bequests in support of the West Virginia State Park System. Other objectives include facilitating communication among member Foundations as well as with State government and the general public regarding the needs and benefits of the park system.

The recent meeting began with a presentation by Director of State Parks Ken Caplinger. He reported a 7.5 percent cut in the budget for the entire Division during the fiscal year and a hiring freeze until June 30, 2013. He noted the legislature approved bond sales to finance improvements and new construction at Canaan Valley, Beech Fork, and Twin Falls state parks. Mr. Caplinger also detailed the damages caused to the state parks by the severe storms in 2012. The related decrease in revenue and increase in expenses resulted in a 6 percent reduction in the level of self-sufficiency for the system as a whole. A promising development is a

legislative subcommittee that will be investigating a possible dedicated funding source (tax) to maintain the infrastructure of the state park system.

Mr. Caplinger then introduced state Secretary of Commerce Keith Burdette. He cited decreases in severance taxes from extractive industries and in lottery proceeds as chief reasons for sweeping department budget cuts. He expressed his gratitude for the ongoing commitment of park superintendents and employees despite limited resources. He also lauded the member Foundations for their valuable role in protecting, preserving, and promoting our state parks, recognized as possibly the best in the nation (even with no entrance fees).

The meeting concluded with summaries from various state park Foundations regarding their local activities, programs, and goals. This process involved sharing and feedback among the group members and, once again, I was the only state forest representative.

An initiative of special interest to me was a pilot program started at Stonewall Jackson and other central WV parks. They are collaborating with WVU to encourage physicians to write prescriptions for walking/hiking in a state park to improve patient fitness. Thus far, the proposal has been well received and may soon be spreading to other regions of the state. I enjoyed the opportunity to meet with my counterparts around the state and invite any KSFF member to contact me for further information on the State Parks Foundation.



Newsletter Staff

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Printing.	Minuteman Press
Publicity and Mailing.	Carolyn Welcker

Wildflower Walks Reports

The following is a collection of reports on individual hikes, all part of the Annual Osbra Eye Wildflower Walks held at Kanawha State Forest on Saturday, April 20, 2013.

Appalachian Woods and Wildlife Walk

by Joan Steven

Walk leader Rob Bailey ably demonstrated this interesting area of study within a small area of the Forest. The walk began behind the swimming pool, focusing on the many trees and shrubs planted in the arboretum area, which was started by Osbra Eye and is being expanded by Chris Gatens and Willis Trammell.

One tree that caught my fancy was the Buffalo oil nut shrub (*Pyrolaria pubera*), a parasitic shrub found in the understory of old, disturbed Forest sites in the Appalachians. The oil nut name is derived from the oil found in its pear-shaped fruit. We went on to look at wild flowers and found many including, Lousewort, Trillium (both Large White and Wake Robin), Wild Phlox, Wild Geranium, Quaker Ladies, Plume Lilly, and Bloodroot.

Rob related the history of the fence around the group camping area. It was not to keep the bears out nor to keep the campers in. When Osbra Eye was superintendent of the Forest in the '70s, he had concerts in this area that attracted hippies who did not want to pay to enter. They came around the side to get in without paying. Mr. Eye had the fence built to keep the freeloaders out. However once they paid, they stayed and then Eye had the problem of evicting them.

The hike continued up the Davis Creek trail with more stories and more plants to see. Helping Rob were Joan Steven and Jonathan Bailey.

Expanding Awareness Skills

by Barb Koster

My Saturday hike was led by the skilled and capable John Biesacker and Carole Slone of Coyote Trails. We walked behind the swimming

pool to the day camp area where we began to explore what was going on around us—an awareness as an element of survival. We were informed that awareness begins with the awareness of our senses: sight, hearing, touch, taste, and smell. There are some that think there are more than these five senses.

VISION—Society has become more and more focused on its vision. Instead of experiencing “focused vision,” we were taught “wide-angled vision,” to experience the full range of our vision. We experimented with an exercise to see our full range of peripheral vision. This wide-angle vision allows us to detect motion.

HEARING—Our hearing is similar to vision in that it often becomes “tunnel hearing,” particularly as we grow more dependent upon electronic media. We can expand our hearing through active listening. We did another exercise by cupping our ears (deer ears) to focus and determine direction of sound.

Next, was a “Fox walk,” an exercise to walk quietly in a slow, deliberate movement as a fox stalking its prey. This walk allowed us to be quiet in the Forest and not draw attention to ourselves.

TOUCH—Our sense of touch was explored by touching different objects while blindfolded and then trying and identify the objects, as well as to remember the order in which they were touched. This was a challenge, and we had to work as a team to complete our task.

There were several games we did to further explore our senses: “Possum Brain,” “Find that Tree,” walking blindfolded in a roped off area, and the most fun was being blindfolded and walking in a line while following our sighted leader.

Overall, it was a wonderful experience. Everything in nature has something to teach us. It is through our senses that these lessons can be shared with us.

Aquatics Walk
by Debbie Mullins

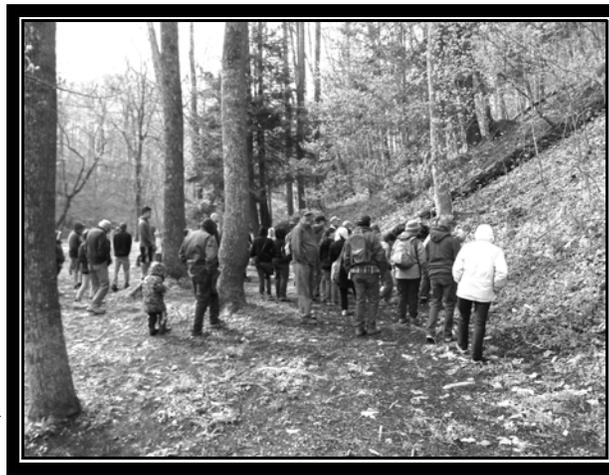
This walk was led by Janice Smithson and Mike Whitman (both from DEP), one Master Naturalist, and me (Debbie Mullins). I was glad to be there and was eager to help in any way I could.

We had about 30 people in our group. The biggest percentage was students from a Biology class. Then we had about seven elementary children around the age of 11. We also had about seven parents and one teacher.

My role was to catch as many aquatic creatures as I could. Everyone was in the water! The two DEP aquatic biologists, Janice and Mike, created a makeshift desk out of a picnic table and were busy telling the walkers what had been caught. We captured several crayfish, and most everyone wanted to hold them, and I encouraged them to do so. I taught them how to hold the crayfish without getting pinched. We caught caddisflies, and we let everyone hold them and taught them how to hold them without squashing them.

We saw some salamanders, but they were pretty small. Luckily, Mike and Janet brought a few different types of salamanders and they were passed around. Believe me, they were not small! Janet brought a large spider, and no one wanted to handle it, including me. I wonder why! We found a brown millipede. It was dead, but at least we saw it and told everyone what it was.

One of the children caught a yellow and black millipede; it was alive and smelling good. I let each person smell the millipede; it smelled like cherries! I explained to the whole group how to determine the sex of the crayfish and salamanders. I told them how the mother crayfish protects her young. I explained how it's very important to try to put any caught creature



right back where it was caught (sometimes that is hard to do, but if at all possible, we need to try).

Everyone was so happy! It turned out to be a wonderful day with hotdogs and lemonade waiting for us when we returned to the pool parking lot.

Spring Flora Walk led by Dr. Mark Watson
by Jim Smith

This walk started on the Snipe Trail and returned on the road down Shrewsbury Hollow. The weather was beautiful, but cold!

The group started with around 60 participants. There were quite a few students as well as some of Mark's own students from the University of Charleston. Martha Hopper and Bill Hall joined us to help guide the group. With Mark's expert guidance, we identified and studied at least 49 species or varieties of flora. Some of these were not flowering. Most of the trees were ignored. With all this, we still got back just in time to partake of lunch.

This is a partial list of the flora identified: Bittercress, Bedstraw, Beech Drops, Birch, Bloodroot, Bluets, Buttercup, Hispid, Buttercup, Kidney leaf, Celandine Poppy, Common and Star Chickweed, Dandelion, Ferns, Fire Pink, Fleabane, Foam Flower, Golden Ragwort, Greenbrier, Indian Cucumberroot, Greek Valerian, Jack-in-the-pulpit, Jewelweed, Lousewort, May Apple, Perfoliate Bellwort, Phlox, Plantain, Poison Ivy, Red Bud, Rue-Anemone, Solomon's-seal, Spice Bush, Spring Beauty, Stinging Nettle, Stonecrop, Sweet Cicely, Common and Cut-leaved Toothwort, Trailing Arbutus, Trillium, Trout Lily, Vetch, Violet, Violet, Long-spurred, Wild Geranium, Wild Ginger, Yellow Corydalis, and Yellow Mandarin.

Mining History and Nature Hike by Dale Porter

Participants learned a little about the early history of the Forest when it was a mining operation and visited some of the archaeological remnants of the mining operation, such as the old railroad grade, mine openings and benches, tippie footings and the location of the electrical generation plant. They also saw photos of typical mine operations from the period when the Forest was an operating mine and learned how miners mined the coal and what a miner's life might

have been like in the period. A naturalist accompanied the hike and provided information concerning flora and fauna along the route of the hike.

The accompanying photo from the old *Harpers* magazine illustrates what the lower portion of Teaberry, Rocky Ridge and Pigeon Roost trails would have looked like when they were mining benches.

